

Ayurveda Retreat 20-27th May 2026 — Sri Vitthal Dham

The program is subject to change depending on what's needed!

Wednesday, 20th

- 4.00 pm — Check in
- 5.00 pm — Organisational meeting
- 6:30 pm — Prayers
- 7.30 pm — Dinner
- 7.45 pm — Intro to Ayurveda and start of our journey session

Thursday, 21st: Day 1

- 6.00 am — BSN
- 6.15 am — Breathwork and meditation
- 7.00 am — Prayers
- 7.15 am — Ghee protocol (2 TBS) and dinacharya
- 8.30 am — Breakfast
- 9.30 am — Check in with Hiranmayi — Ayurveda Classes or The lense of Love mind workshop
- 1.00 pm — Lunch
- 2.00 pm — Ayurveda Classes or The lense of Love mind workshop
- 4.00 pm — Yin Yoga
- 5.00 pm — Japa walk
- 6.30 pm — Prayers
- 7.30 pm — Dinner
- 8.00 pm — Movie / OM chanting / Satsang
- 9.30 pm — Time for inner reflection / journal
- 10.00 pm — bed

Treatments and sauna to be scheduled during the day

Friday, 22nd: Day 2

- 6.00 am — BSN
- 6.15 am — Breathwork and meditation
- 7.00 am — Prayers
- 7.15 am — Ghee protocol (3 TBS) and dinacharya
- 8.30 am — Breakfast
- 9.30 am — Check in with Hiranmayi — Ayurveda Classes or The lense of Love mind workshop
- 1.00 pm — Lunch
- 2.00 pm — Ayurveda Classes or The lense of Love mind workshop
- 4.00 pm — Yin Yoga
- 5.00 pm — Japa walk
- 6.30 pm — Prayers
- 7.30 pm — Dinner
- 8.00 pm — Movie / OM Chanting / Satsang
- 9.30 pm — Time for inner reflection / journal
- 10.00 pm — Bed

Treatments and sauna to be scheduled during the day

Saturday, 23rd: Day 3

6.00 am — BSN
6.15 am — Breathwork and meditation
7.15 am — Ghee protocol (4 TBS) and dinacharya
8.30 am — Breakfast
9.00 am — Prayers
9.30 am — Check in with Hiranmayi — Ayurveda Classes or The lense of Love mind workshop
1.00 pm — Lunch
2.00 pm — Ayurveda Classes or The lense of Love mind workshop
4.00 pm — Yin Yoga
5.00 pm — Japa walk
6.30 pm — Prayers
7.30 pm — Dinner
8.00 pm — Movie / OM Chanting / Satsang
9.30 pm — Time for inner reflection / journal
10.00 pm — Bed

Treatments and sauna to be scheduled during the day

Sunday, 24th: Day 4

6.00 am — BSN
6.15 am — Breathwork and meditation
7.15 am — Ghee protocol (5 TBS) and dinacharya
8.30 am — Breakfast
9.00 am — Prayers
9.30 am — Check in with Hiranmayi — Ayurveda Classes or The lense of Love mind workshop
1.00 pm — Lunch
2.00 pm — Ayurveda Classes or The lense of Love mind workshop
4.00 pm — Yin Yoga
5.00 pm — Japa walk
6.30 pm — Prayers
7.30 pm — Dinner
8.00 pm — Movie / OM Chanting / Satsang
9.30 pm — Time for inner reflection / journal
10.00 pm — Bed

Treatments and sauna to be scheduled during the day

Monday, 25th: Day 5

6.00 am — BSN
6.15 am — Breathwork and meditation
7.00 am — Prayers
7.15 am — Ghee protocol (6 TBS) and dinacharya
8.30 am — Breakfast
9.30 am — Check in with Hiranmayi — Ayurveda Classes or The lense of Love mind workshop
1.00 pm — Lunch
2.00 pm — Ayurveda Classes or The lense of Love mind workshop
4.00 pm — Yin Yoga
5.00 pm — Japa walk

6.30 pm — Prayers
7.30 pm — Dinner
8.00 pm — Movie / OM Chanting / Satsang
9.00 pm — Castor Oil or Laxative Protocol
9.30 pm — Time for inner reflection / journal
10.00 pm — Bed

Treatments and sauna to be scheduled during the day

Tuesday, 26th, Day 6 — Rest Day

7.00 am — Prayers
8.30 am — Breakfast: Clear soups or broths
8.30 am — Preparation for Bhastis
1.00 pm — Lunch
4.00 pm — Yin Yoga
5.00 pm — Japa walk
6.30 pm — Prayers
7.30 pm — Dinner
8.00 pm — Movie / OM Chanting / Satsang
9.30 pm — Time for inner reflection / journal
10.00 pm — Bed

Treatments and sauna to be scheduled during the day

Wednesday, 27th, Day 7

6.00 am — BSN
6.15 am — Breathwork and meditation
7.00 am — Prayers
7.15 am — Bhastis protocol and dinacharya
8.30 am — Breakfast
10.00 am — Check in with Hiranmayi — Ayurveda Classes or The lense of Love mind workshop
1.00 pm — Lunch
2.00 pm — How to Incorporate this in your life — Diets/ Lifestyle to go home — changes to make
5.00 pm — Japa walk
6.30 pm — Prayers
7.30 pm — Dinner
8.00 pm — Closing session
9.30 pm — Time for inner reflection / journal
10.00 pm — Bed

Treatments and sauna to be scheduled during the day